

**FIVE® PROGRAM TRAINING AS AN EFFORT TO PREVENT FUTSAL SPORTS INJURY FOR YOUNG  
FUTSAL COACHES IN YOGYAKARTA – CENTRAL JAVA.**

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ABSTRACT

A national survey conducted in the Netherlands shows that futsal is included in the 10 sports that have a high incidence of injury. Neuromuscular heating is one of the efforts that can be done to reduce the risk of injury. FIVE is an exercise program that can be applied at the beginning of each session in lieu of a warm-up. FIVE has 5 training components consisting of (1) Cardiovascular warms up (2) Dynamic Stretching (3) Strengthening & Power (4) Balance & Agility and (5) Prepare to Play. Dissemination of the FIVE injury prevention program is very important, especially for coaches of amateur teams (eg school futsal teams) who have limited energy and time in preparing the physical conditioning of their players.

Kata Kunci: *FIVE, INJURY, FUTSAL*